



## COACHES CLINIC

Thursday 29 February – RecWest Footscray

Coaching notes.

**MENTALITY: "Don't want to shoot? Then run**

**Talent is only part of success; the rest is work and sacrifice "**

Coaching players. How do we do that? We need to be careful how we talk to them, I always repeat to myself that every kid (girls and boys) want to be coached. They want to hear our voice because for them we are their leader. We want to help them improve their ability and skills (mentally and physically).

### The Hawks offensive philosophy

Talking about the philosophy Hawks. I always repeat, make an extra pass rather than an extra dribble. At any age we can teach this. There are drills that we can use to teach this (Extra pass shoot.)

Demonstrate drill Extra pass.

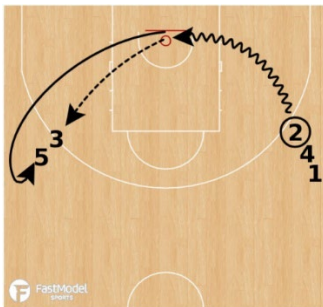
My extra pass drills

Drill 1



Passing from a drive. Player 1 drives to the middle of the key and passes to the opposite line (player 2). After the pass, player 1 runs to the line he passed to. Player 2 makes a lay-up and joins the line behind player 5. The drill is performed continuously. The pass can be done in motion or after a stop.

## Drill 2



Passing from a drive. Player 2 drives to the baseline and passes to player 3. Player 3 makes a lay-up and joins the line on the right. After the pass, player 2 runs to the end of the line on the left. The drill is performed continuously. The pass can be done in motion or after a stop.

Drill 3: This is a very good drill to use with the under 10-12 girls and boys.



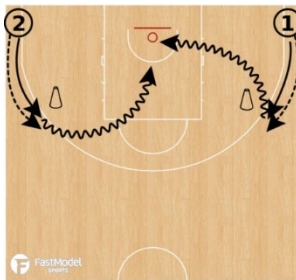
There is a line in the corner and two players without the ball, one on the top (player 2) and one on the other wing (player 1). First player from the line (player 3) makes a first step to the middle. After the first dribble player 3 passes to player 2 on top. Player 2 passes to player 1 on the wing, who drives to the basket by the baseline. Player 1 then proceeds to the end of the line.

## Drill 4



First step with a spin going into a spin, crossover and a drive to the basket. Players 1 and 2 start with the same hand so that they can finish at the same time.

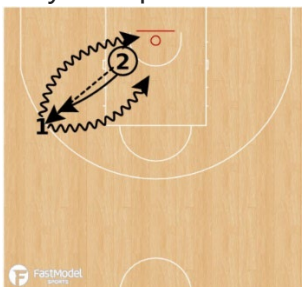
#### Drill 5



Players start in the corner each with their own ball. Player passes the ball to himself in front of the cone that is set on the extension of the 3-point line. After catching their own ball and stopping at the cone (jumps top, 1-2 stop), he performs a first step (side step, cross over step, spin, etc.), after or without a fake (jump shot fake, pass fake, jab step) he drives to the basket.

## Defence: principles, strategies, and technique

I think this is the most important part to teach to everyone How to defend. Firstly, we must show the stance in defence and in front of our opponent. Bend knees and rest on your tiptoes and be reactive. This is called READ AND REACT. Example of drills.



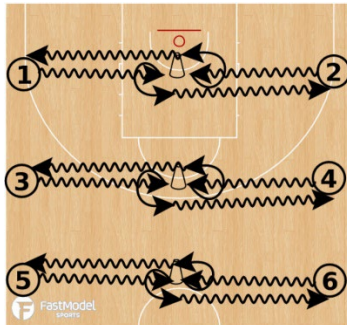
Player 2 passes the ball to player 1 and runs towards player 1. Player 2 makes a close out with one foot in front of the other. The offensive players goal is to read the defences foot positioning and attack the front foot with a correct first step (sidestep, cross overstep, spin, etc.). After player 1 scores, they change roles.

**Another great drill is 5 cones around the perimeter close out drill.**

## **2. Coaching beginners U10/12 &14**

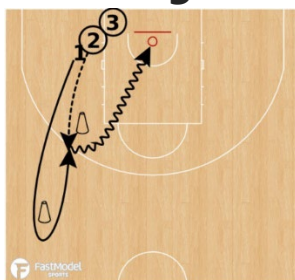
A good drill for beginner in basketball. You can use a lot of different situations pivoting,

Drill



Players in pairs are set along the opposing sidelines facing each other. Each player has their own ball. On cue, they start dribbling the ball towards each other. When they reach the cone, they come to a stop and start to pivot around the pivot foot for a full circle. Then they start dribbling to the other side. At the line they stop again and pivot for a half a circle, so that they are facing the way they came from. We use different stops (jump stop, 1-2 step) and different first steps (a sidestep, cross over step, spin, etc.)

### **Dribbling and lay up**



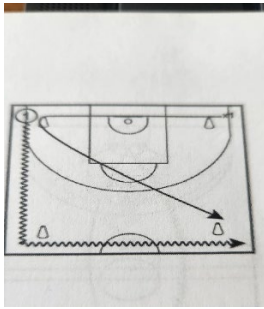
Players in a line on the edge of the key. Player 1 runs around the furthest cone and receives the ball from player 2.

# Building up the offence 1 on 1 Use your cones

## The Hawks philosophy:

**“Make an extra pass instead of an extra dribble”**

A fun drill for the little ones, they run they play one on one

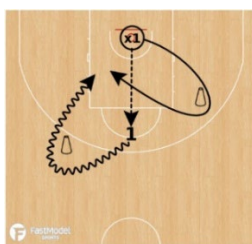


Drill one on one



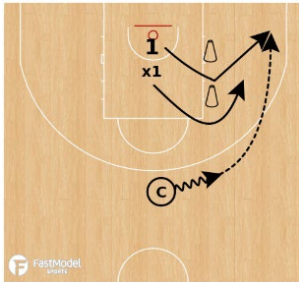
Players are set on the elbows. Coach sets the ball on either side and by that determines who is the offensive player. The player closer to the ball is on offense and must run around the outer cone to the ball. The defender runs around the middle cone and can intercept the pass or plays defence after a close out. They play until the first shot attempt (rebound). A made basket and an offensive rebound are worth a point.

Drill one on one



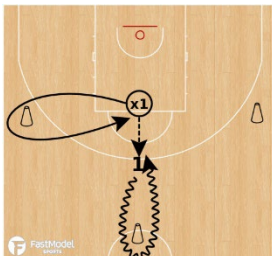
The defender starts under the rim, passes the ball and runs around the cone. When the defender receives the ball, he must dribble around the cone. Only shots from the inside of the key count. They play until the first shot attempt (rebound). A made basket and an offensive rebound are worth a point.

### Drill one on one



The game starts on coach cue. The offensive player (x1) runs around the first cone and receives the ball in the corner. The defender runs around the second cone and can intercept the pass. The offensive player can shoot from the corner as soon as he receives the ball or drive to the basket. They play until the first shot attempt (rebound). A made basket and an offensive rebound are worth a point. The offensive player can only use 3 dribbles.

### Drill one on one



The defender starts on the free throw line, passes the ball to the offensive player on top and runs around the cone. The offensive player dribbles around the cone when he receives the ball and plays 1 on 1. The defender chooses around which cone he run

### Drill one on one

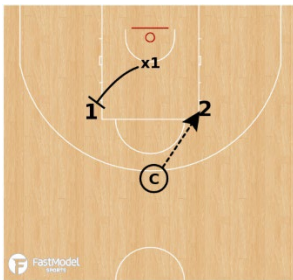


The offensive player and the defender start next to each other by the sideline. The defender starts on the outer side, and they start with the 1 on 1 game when he hands the ball to the offensive player. The offensive player tries to keep the advantage and the defender tries to get in front of the offensive player. They both must run around the cone on the top.

## The Hawks philosophy:

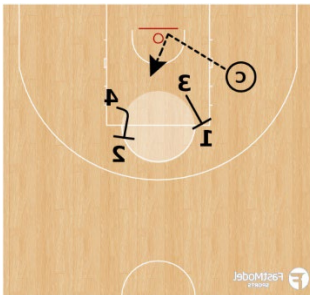
### Defence wins games always.

#### BOX Out Drill



Two offensive players on the elbows, defender in the middle of the key. Coach passes to one of the offensive players who shoots the ball immediately. The defender boxes out on the other offensive player. The defender's goal is to let the ball bounce twice before the offensive player catches it. If the offensive player gets to the ball before the second bounce, the defender repeats the drill.

#### BOX Out drill



Box out, rebound. Four players run around the circle (around the free throw line). When the coach bounces the ball off the backboard, the two players above the free throw line become offensive players and the other two defenders that must box them out. The player that grabs the rebound gets a point.

## The Hawks philosophy:

**“We are stronger together because we are different”.**